# List of vegetables

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This is a list of plants that have a culinary role as vegetables. "Vegetable" can be used in several senses, including culinary, botanical and legal. This list includes botanical fruits such as pumpkins, and does not include herbs, spices, cereals and most culinary fruits and culinary nuts. Edible fungi are not included in this list.

Legal vegetables are defined for regulatory, tax and other purposes. An example would include the tomato, which is a botanical berry, but a culinary vegetable according to United States law. (The United States also considers tomato sauce on pizza a vegetable for serving size purposes in school lunches in the US.<sup>[1]</sup>)

Some culinary vegetables such as laver are not even members of the plant kingdom.

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## Leafy and salad vegetables

Amaranth

Arugula

Beet (greens)

Bok choy (白菜)

Borage greens

Broccoli (leaves / stalks)

Brussels sprouts

#### **Species name**

Amaranthus cruentus

Eruca sativa

Beta vulgaris

vulgaris

Brassica rapa

(chinensis)

Borago officinalis

Brassica oleracea



Cabbage Catsear

Celery Celtuce

Chaya

Chickweed Chicory Chinese mallow

Chrysanthemum (leaves)

Collard greens Common purslane Corn salad

Cress Dandelion

Dill

Endive Fat hen

Fiddlehead

Fluted pumpkin

Garden rocket Golden samphire Good King Henry

Grape (leaves) Greater plantain Kai-lan (芥蘭 Gai lan) Brassica oleracea (gemmifera)

Brassica oleracea (capitata)

Hypochaeris radicata

Apium graveolens Lactuca sativa (asparagina) Cnidoscolus

aconitifolius aconitifolius

Stellaria

Cichorium intybus Malva verticillata Chrysanthemum

coronarium

Brassica oleracea Portulaca oleracea

Valerianella locusta

Lepidium sativum

Taraxacum officinale Anethum graveolens

Cichorium endivia

Chenopodium

album Pteridium aquilinum Athyrium esculentum

Telfairia occidentalis Eruca sativa Inula crithmoides Chenopodium

Vitis

Plantago major Brassica rapa (alboglabra)

bonus-henricus



Iceberg lettuce field in northern Santa Barbara County.



Spinach in flower



Miner's lettuce

Kale Brassica oleracea

(acephala)

Komatsuna Brassica rapa

(pervidis / komatsuna)

Kuka Adansonia

Lagos bologi Talinum fruticosum

Lamb's lettuce Valerianella

locusta

Lamb's quarters Chenopodium

album

Land cress Barbarea verna
Lettuce Lactuca sativa
Lizard's tail Houttuynia cordata

Malabar spinach Basella alba

Melokhia Corchorus olitorius

Corchorus capsularis

Miner's lettuce (Winter purslane) Claytonia

perfoliata

Mizuna greens Brassica rapa

(nipposinica)

Mustard Sinapis alba Napa cabbage (召菜 Siu choi) Brassica rapa

(pekinensis)

New Zealand Spinach Tetragonia

tetragonioides

Orache Atriplex hortensis
Pak choy (白菜 Bok choy) Brassica rapa

(chinensis)

Paracress Acmella oleracea
Pea sprouts / leaves Pisum sativum
Poke Phytolacca

americana

Radicchio Cichorium intybus
Rapini (broccoli rabe) Brassica rapa rapa

Samphire Crithmum

maritimum

Sculpit / Stridolo Silene inflata
Sea beet Beta vulgaris

maritima

Sea kale Crambe maritima
Sierra Leone bologi Crassocephalum

Soko Celosia argentea
Sorrel Rumex acetosa
Sour cabbage Brassica oleracea
Spinach Spinacia oleracea
Summer purslane Portulaca oleracea
Swiss chard Beta vulgaris cicla

(flavescens)

Tatsoi Brassica rapa

(rosularis)

Turnip greens Brassica rapa

(rapifera)

Watercress Nasturtium

officinale

Water spinach Ipomoea aquatica
Wheatgrass Triticum aestivum

Yarrow Achillea millefolium

Yao choy (油菜 Yu choy) Brassica napus

### **Fruits**

Avocado Persea americana
Bell pepper Capsicum annuum
Bitter melon Momordica
Bitter gourd charantia
Chayote Sechium edule

Cucumber Cucumis sativus
Ivy gourd Coccinia grandis

Eggplant / Aubergine / Brinjal Solanum

Luffa Luffa cylindrica
Olive fruit Olea europaea
Pumpkin Cucurbita
Squash Cucurbita

Sweet pepper Capsicum annuum

Tinda (grossum)
Praecitrullus

fistulosus Physalis philadelphica

Tomato

Tomatillo



**Pumpkins** 

Solanum lycopersicum

Vanilla

Artichoke

Daylily<sup>[2]</sup>

West Indian gherkin Winter melon

Zucchini / Courgette / Marrow

Vanilla

Cucumis anguria Benincasa hispida Cucurbita pepo

## Flowers and flower buds

### **Species name**

Cynara cardunculus /

scolymus

Broccoli Brassica oleracea Broccolini flowers Brassica oleracea Caper Capparis spinosa Cauliflower Brassica oleracea

Hemerocallis fulva

Courgette flowers Cucurbita Squash blossoms Cucurbita



Globe artichokes being cooked

## **Podded vegetables**

American groundnut

Azuki bean

Black-eyed pea

Chickpea

Common bean

Drumstick Dolichos bean

Fava bean

Garbanzo

Green bean (French bean)

Guar

Horse gram

#### **Species name**

Apios americana Vigna angularis

Vigna unguiculata unguiculata

Cicer arietinum

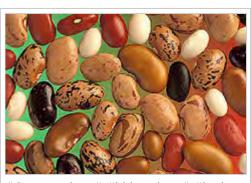
Phaseolus vulgaris

Moringa oleifera

Lablab purpureus Vicia faba Cicer arietinum

Phaseolus vulgaris

Cyamopsis tetragonoloba Macrotyloma uniflorum



"Common bean", "kidney bean", "haricot bean", "pinto bean", "navy bean", and "green bean" are all varieties of the species Phaseolus vulgaris.

Indian pea

Lentil

Lens culinaris

Lima bean

Phaseolus

lunatus

Moth bean Vigna acontifolia

Mung bean Vigna radiata
Okra Abelmoschus
esculentus

Pea Pisum sativum

Peanut Arachis hypogaea

Pigeon pea Cajanus cajan
Ricebean Vigna umbellata

Runner bean Phaseolus

coccineus

Snap pea (sugarsnap, mangetout) Pisum sativum

(macrocarpon)

Snow pea (mangetout) Pisum sativum

(saccharatum)

Soybean Glycine max

Tarwi (Tarhui / Chocho)

Lupinus

mutabilis

Tepary bean Phaseolus

acutifolius

Urad bean Vigna mungo

Velvet bean Mucuna

pruriens

Winged bean Psophocarpus

tetragonolobus

Yardlong bean Vigna

unguiculata (sesquipedalis)



Varieties of soybeans are used for many purposes.

## **Bulb** and stem vegetables

#### **Species name**

Asparagus Asparagus officinalis
Cardoon Cynara cardunculus

Celeriac Apium graveolens (rapaceum)

Celery Apium graveolens
Chives Allium schoenoprasum

Elephant garlic Allium ampeloprasum (ampeloprasum)

Florence fennel Foeniculum vulgare (dulce)

Garlic Allium sativum Garlic chives Allium tuberosum

Kohlrabi Brassica oleracea (gongylodes)

Kurrat Allium ampeloprasum (kurrat)

Cymbopogon citratus Lemongrass

Leek Allium porrum Lotus root Nelumbo nucifera

Nopal Opuntia ficus-indica

Onion Allium cepa

Pearl onion Allium ampeloprasum (sectivum)

Potato onion Allium cepa (aggregatum) Prussian asparagus Ornithogalum pyrenaicum

Spring onion / Scallion Allium wakegi

Shallot Allium cepa (aggregatum)

Tree onion<sup>[3]</sup> *Allium* × *proliferum* Welsh onion Allium fistulosum Wild leek Allium tricoccum

## Root and tuberous vegetables

Pachyrhizus

ahipa

Arracacha Arracacia

xanthorrhiza

Bamboo shoot Bambusa vulgaris

Phyllostachys

Species name

edulis

**Beetroot** Beta vulgaris

vulgaris

Burdock Arctium lappa

Broadleaf arrowhead Sagittaria

latifolia

Camassia Camas Canna Canna

Carrot Daucus carota

Manihot Cassava

esculenta

Chinese artichoke Stachys affinis

Daikon

Ahipa



Garlic bulbs and individual cloves, one

peeled.

Carrots come in a variety of shapes, sizes and colors.

Raphanu	
sativus	

(longipinnatus)

Earthnut pea Lathyrus tuberosus

Elephant foot yam Amorphophallus

paeoniifolius

Ensete Ensete

ventricosum

Galangal Alpinia galanga

Ginger Zingiber officinale

Hamburg parsley Petroselinum

crispum tuberosum

Horseradish Armoracia

rusticana

Jerusalem artichoke *Helianthus* 

tuberosus

Jícama Pachyrhizus

erosus

Mashua Tropaeolum

tuberosum

Parsnip Pastinaca sativa

Pignut Conopodium

majus

Potato Solanum

tuberosum

Prairie turnip Psoralea

esculenta Raphanus

sativus

Rutabaga Brassica napus

(napobrassica)

Salsify *Tragopogon* 

porrifolius

Scorzonera Scorzonera

hispanica

Skirret Sium sisarum
Swede Brassica napus

(napobrassica)

Sweet potato (Kumara) *Ipomoea* 

batatas

Taro

Radish



The potato is one of the world's staple foods.

Colocasia

esculenta

Ti Cordyline

fruticosa

Tigernut Cyperus

esculentus

Turmeric Curcuma longa
Turnip Brassica rapa

(rapifera)

Ulluco Ullucus

tuberosus

Wasabi Wasabia

japonica

Water caltrop Trapa natans

Trapa bicornis

Water chestnut Eleocharis

dulcis

Yacón Smallanthus

sonchifolius

Yam Dioscorea [4]

## Sea vegetables

Arame

Carola

#### **Species name**

Aonori Monostroma Enteromorpha

Eisenia bicyclis Callophyllis

variegata

Dabberlocks (Badderlocks)

Alaria esculenta

Palmaria palmata

Hijiki Hizikia fusiformis

Kombu Laminaria japonica Laver / Gim Porphyra

Mozuku Cladosiphon okamuranus

Nori Porphyra
Ogonori Gracilaria
Sea grape Caulerpa
Sea lettuce Ulva lactuca

Wakame Undaria pinnatifida



Caulerpa is a genus of edible seaweed.

### See also

- Herbs
- Vegetable juice
- List of culinary fruits
- List of leaf vegetables
- List of vegetable dishes
- List of foods

## References

- 1. "Tomato sauce on pizza is a vegetable, says Congress; GOP says healthier school lunches are too expensive". *Daily News*. New York. November 16, 2011. Retrieved 2011-11-21.
- 2. Used dried or fresh in Chinese cuisine; see Meredith, Leda. "How to Sustainably Harvest and Eat Delicious Daylilies". *Mother Earth News*. Mother Earth News. Retrieved 8 July 2014.
- 3. Also known as the Egyptian Walking Onion due to its ability spread easily to other parts of gardens.
- 4. "Everyday Mysteries: Yam". Library of Congress, United States of America. 2011.

### **External links**

Lists of vegetables (http://vegetablesfruitsgrains.com/list-of-vegetables/)

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